



SEX TRAFFICKING

One woman's story – and how Games are an opportunity to take a stand **P10**

Festival is cancelled amid fury and chaos

- Police oversee shutdown
- Revellers tells of mayhem
- Venue vows to continue

Giles Broadbent
@wharf.co.uk

Investigations are under way into the meltdown at the Bloc festival at the new London Pleasure Gardens in the Docklands that resulted in chaotic scenes of confusion and fear on Friday night.

Police and organisers executed a "controlled shut down" of the site, near Pontoon Dock, after overcrowded escalated and prompted fears over safety.

Rapper Snoop Dogg had been due to headline while Orbital, Gary Numan and a roster of other acts were lined up for the brownfield site in the shadow of the Millennium

Mill – but the entire Saturday event was pulled.

Festival goer Scott Stewart said: "I saw people getting crushed against metal fences when they were waiting to get in."

"At points crowds pulled down a fence and charged in as they got so fed up. I was genuinely afraid for my own safety."

Jamila Scott said: "People surged toward the front and jumped over the barriers by the toilets. There was then a stampede, with scores of people jumping over."

"Security went insane, screaming and shouting to try and stop it. Eventually though, they gave up and let anyone in."

Continued on Page 7



BEN BROOMFIELD

Portrait of East End icon

East End photographer and legend David Bailey is too busy to think about the Olympics he tells us, but the 2012 Games are the spark for a major exhibition of his works in his home borough.

Exclusive interview and pictures / Pages 4&5

Inside



How to make a child laugh

Tips and techniques for the world's toughest stand-up audience **P49**

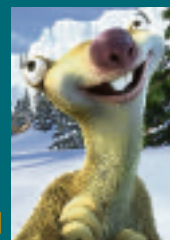


Plus

Terry Alderton keeps the adults amused **P47**

WIN

Dinner, a movie and Ice Age 4 goodies **P53**



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TRAVEL

TUBE & DLR
DLR and Jubilee line are both fine.

ROADS
Greenwich Park is closed until October.

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4.30pm
when you can
check our
daily travel
update

INSIDE

NEWS
Pages 1-10

PROPERTY
Pages 11-47

WHAT'S ON
Pages 47-48

FEATURES
Pages 49-53

SPORT
Pages 55-56



P6



P10

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ESTABLISHED 1998

Agenda

Box sets drip feed me my drug of choice

I've been introduced to box sets. Previously I've been a Sky+ kind of girl, but I was feeling left out. All the cool kids are doing it. Generation Box Set has the latest Scandinavian noir crime thriller, or a quirky American sitcom that was only shown in the UK at 3am.

Friends talked about watching two or three episodes back to back. Forget waiting till next week. Forget cliff-hanger endings. With a box set you watch what you want when you want.

I have a current favourite show, the one that gets me through the week – I talk about it on Twitter;

BLONDE'S EYE VIEW



ANGELA
CLARKE

I visit fansites and Google what happens next; I assault my friends with references to it.

But I couldn't watch what I wanted when I wanted, because I wanted to watch my box set all the time. I completely underestimated how prone to addiction I am.

If I brushed against someone with heroin in their blood, I'd be a junkie. I have zero self-control. Five minutes into my first box set and I was hooked on a 20 episode a day habit.

Even without ad breaks and fast-forwarding over the credits, watching 20 episodes a day is problematic. I've bunked off work. I've

quit sleep. I haven't seen my friends and family for days.

My husband is that annoying thing that opens the door and asks if I want to stop watching TV to eat, or shower. I'm completely submerged in the box set characters. They are real. I wonder what Paris Geller from the *Gilmore Girls* would do in this situation? I should ring her.

I'm a fool. I should never have bought a box set. Let alone a seven series, 22 episodes per series box set. I'm never doing it again. Once I've finished this one. See you in August.

Find Angela on twitter:
[@TheAngelaClarke](https://twitter.com/TheAngelaClarke)

Reuters' view



Andy Murray reacts during his men's singles final tennis match against Roger Federer of Switzerland at the Wimbledon Tennis Championships

A week
in photos
Page 52

Win six months of
gym membership
at Nuffield **P56**

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

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60 Second Wharf

Bailey's East End life

Iconic photographer David Bailey reflects on life in the East End – and his encounters with the Krays.

Page 4

£40m for stadium bid

Newham Borough Council is investing £40million to convert the Olympic Stadium for community use.

Page 5

School's diploma joy

George Green's School is celebrating after all of its students passed the International Baccalaureate.

Page 6

Girls' kidnap ordeal

Two teenage girls were kidnapped in broad daylight in two separate and terrifying incidents.

Page 7

Sex trafficking call

Organisers of major sporting events like the Olympics have a chance to tackle the scourge of trafficking.

Page 10

Dereck's feud festers

Dereck Chisora has renewed his verbal attacks on David Haye ahead of their Upton Park bout.

Page 56



P56

ONLINE

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Nasser Azam with his bronze statue *Athena* which greets guests arriving from London City Airport

JAMES FERRIN

NEWS IN BRIEF

More former bankers...

Diamond hits out at MPs' claims

CANARY WHARF Former bank chief executive Bob Diamond has hit out at suggestions that he misled MPs.

He said claims that he was "less than candid" to the Treasury select committee about concerns expressed by the Financial Services Authority were "totally unfounded".

It came during sessions in which chairman Marcus Agius said Mr Diamond had waived a £20million bonus and admitted relations with the Wharf-based FSA were "strained".

Author in line for ebook accolade

CANARY WHARF A former Lehman Brothers' manager-turned-author has been shortlisted for a prize for his debut novel.

Steven Robinson wrote *Merry Baker*, a story about gangsters and a sophisticated computer hack, during his daily commute between Chelmsford and Canary Wharf.

Steven is one of five authors nominated for the Kidwelly eBook Award and a £10,000 prize.

It's iconic art in a roundabout way

PEOPLE

Former banker pays tribute to borough which he made home

Rob.Virtue
@wharf.co.uk

The Royal Docks is now home to the country's largest bronze statue after *Athena* was unveiled on Thursday.

The sculpture is a labour of love of banker-turned-artist Nasser Azam who wanted to pay tribute to the borough where he grew up.

Athena sits on a roundabout on the Connaught Bridge to the west of London City Airport and has been designed to welcome passengers to the region.

Named after the Greek goddess of philosophy, it is 12m high and cost £1million, funded by drugs firm Elan.

The statue was Azam's idea. He said: "I've done a couple of extreme things in my life



but this has been the most ambitious experience. The inspiration was to create something simple but reflective of the changes taking place in the area."

Azam was born in Pakistan in 1963, before moving to east London when he was seven.

After graduating from university, the former Langdon Park student became a banker for Merrill Lynch, becoming chief operating officer for global markets and banking in Europe. He quit in 2008 to focus on his art and not long after sold a painting completed in space at zero gravity for \$330,000 at an

auction in New York. Others artworks include *The Dance* seen on the South Bank.

He dedicated *Athena* to his father, Khizr-e-Azam, a retired teacher who was granted the freedom of Newham in 2003 for his community work.

Speaking at the Ramada Excel hotel near the site of *Athena*, MP Stephen Timms said: "This is a significant moment for our community as we don't have much in the way of sculptures in our borough."

"I welcome the joyous character of *Athena* and I'm pleased it's the work of someone from this community."



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News

Bailey casts his glinting eye over an East End story

PROFILE

Impossible to pin down but always entertaining, the wry photographer talks (sporadically) to **Rob Virtue**

National icon and snapper to the stars David Bailey is thinking hard for the first time in his interview with *The Wharf*, his face slightly scrunched.

"That's a different question," he says. Note "different" – not good or interesting, or even difficult, yet coming from Bailey any near praise, no matter how flippant or fleeting, is appreciated.

His assistant had warned me he wouldn't give me an easy ride. "Obviously" was the first word out

of my mouth and it was seized upon by the 74-year-old, famed for photographing the famous, the glamorous and the dangerous. He mockingly – yet fairly – asked why I would start a question with such a word.

But I'd finally got him on the back foot when I asked which photo of the thousands he'd had published first came to mind when the exhibition on the East End – currently taking place at Compressor House by Royal Albert DLR – was proposed.

"A different question," he repeats and then nods to the main desk, behind which is a picture of two ladies, both laughing and each holding a drink.

"It's those two girls. They were stuck somewhere in my brain. That's in the Rio Club, a drinking bar. I remember distinctly the wallpaper. I didn't know them. I proposed to the one on the left but she turned me down."



He likes the photo but the eye on the advert is the wrong one...

Did you know her name? Through his boyish laughter he shakes his head.

"They're probably young. Only about 19 and 25. People had a much shorter shelf life in those days."

Recent press photos taken of Bailey, one of the East End's favourite sons, show a man stern and perhaps bitter with age. You get the feeling he's chosen such a look for the camera because in real life he laughs, he jokes and he mocks. Not making for the most compliant interviewee but nevertheless an entertaining one.

He is a man whose passion is his art and he doesn't waste time thinking about subjects that don't entertain him. The Olympics for example – a great world event that is shining a light on the area of his youth and encouraging billions of pounds of investment.

"I don't know about the Olympics," he says at the beginning of the interview, his gaze wandering around the room. "In life you make decisions about what you're interested in and I'm only inter-



What about the Olympics?

"I'm only interested in the arts really. Where would I fit the Olympics in that?"

David Bailey

ested in the arts really. Where would I fit the Olympics in that? I respect what they do and it's great what they do but it doesn't particularly interest me."

His mind wanders and he breaks off. Something has distracted him.

"I've put the wrong eye in that picture," he says, looking at the advert for the show. "I use my left eye and I've put my right eye in. That's a bit of a f***- up."

It's his metaphorical eye rather than

the physical one he loves to talk about – his eye for detail – so we return to that. He points to a nearby wall, where there are two men captured on film.

"I didn't know them. They were just faces around the East End."

Bailey points to a close-up of a grey haired man smiling. "He's got a great face. He looks like a Medici banker."

And then glances at a photo of a club in which another photo appears on the wall – one of a young Prince Charles and Princess Anne.

"That place was firebombed 10 minutes after we left," said Bailey. "It was a gambling place owned by Reggie and Ronnie [Kray] in between Aldgate and Whitechapel."

He took photos of Reggie's first wedding although he says he never received money for it, nor did he ask and his relationship with the twins is well chronicled.

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BEN BROOMFIELD



Bailey sees it as just part of his East End background. It's a background about which he appears blasé yet it seems to have shaped so many of his characteristics and is the basis for so many of his stories.

"I had to like it," talking of his childhood in East Ham. "It's where I lived. You don't know any different. If you're born in a stable then you like stables."

"My mum was posh. My dad spoke Yiddish and rhyming slang but my mum thought that was rather common."

"She always said 'don't get a tattoo'. She wasn't against it artistically or morally, she said the police would always know who you were."

And he's looking off into the distance again, laughing that boyish giggle.

David Bailey's East End is on show at Compressor House at the Royal Docks. The closest DLR is Royal Albert.



£40m to revamp stadium

Rob.Virtue
@wharf.co.uk

NEWHAM Council is to invest up to £40million to develop the Olympic stadium after the Games.

The borough, along with the London Legacy Development Corporation, is to take long-term responsibility for the site through a newly-established company called E20 Stadium LLP.

It has a 99-year lease with the task of providing community benefits including job oppor-

tunities and the use of the stadium and warm-up track for sports and events for local groups. The stadium is due to become the home of athletics after the Games and will host the IAAF World Athletics Championships.

The LLDC is also looking for additional stadium uses with bids – likely to include West Ham's – due in by Thursday.

Chief executive of Newham Council Kim Bromley-Derrysaid: "The agreement with the LLDC is prudent and ensures that residents will benefit from our

investment. The deal includes guarantees that residents will be able to access events held at the stadium, play sport, be educated and get opportunities for employment at the stadium. These benefits justify the council's investment.

"Up to £40million is to be invested by us in the conversion of the stadium to its legacy use. It is because our involvement is going to benefit residents that we are involved."

Mayor of Newham Sir Robin Wales said he supported the moves.



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Family / P49



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News

CASE STUDY



Ryan Wicks, 17, grew up on the Isle of Dogs after moving from Walthamstow at age six. He has attended George Green's School since he was 11.

He has been offered a place studying forensic science at Brunel University.

"I'm proud of being from the East End but it's

really good to work with people from other cultures who have come to George Green's to study the IB in the sixth form. It adds to the international aspect.

"I used to watch *CSI* on TV when I was little and I am hoping to become a crime scene investigator. There's something called Theory of Knowledge that you do as part of the

IB and that has given me a good background for solving crimes. It helps you look at things from other angles.

"The other advantage of the IB is that it does offer people who live in more deprived areas the chance of a better education, a chance of getting a better job and a better future."

School celebrates 100% IB pass rate

EDUCATION

New diploma
has proved a hit
with students

Rob.Virtue
@wharf.co.uk

A school on the Isle of Dogs is celebrating after every student who sat the International Baccalaureate diploma passed.

George Green's School replaced A-levels with the new system four years ago as teachers believed it prepared students better for university.

Principal Kenny Frederick said: "This year, 21 students at the state school passed.

"This is a world class qualification which prepares students really well for the rigours of university life.

"It gives our students a really well-rounded education, providing them with the breadth of knowledge and critical thinking skills that top universities are looking for.

"It is also a truly international qualification recognised by leading universities all over the world, which means our students have the opportunity to further



Radio waves

Radio 1's *Newsbeat* reporter Steve Holden visits George Green's School as part of a high profile campaign on homophobic bullying in schools. Students spoke to the radio station on behalf of the anti-bullying committee highlighting the school motto: "All different all equal."

their studies anywhere they choose."

The two-year International Baccalaureate programme, which is used by 203 schools in the UK including public schools such as Wellington College, Charterhouse and Cheltenham Ladies College, is popular with foreign students.

Among the nationalities to have passed at George Green's are students from Germany, Ghana, Estonia, Italy and Bangladesh.

Students celebrating their results this week praised the school for offering them the chance to take the IB diploma.

Todd Bishop, who has an offer to study philosophy at University College, London, said: "The international aspect of the IB is very different and unusual for a school like this.

"The greatest benefit is to be able to mix with people from all over the world. It's brought a whole different group of people to the area specifically for this qualification.

"As someone born and raised on the Isle of Dogs that's something I really appreciate. It's nice to learn from my peers about their respective countries and customs."

Revellers turn to social media to vent anger

FROM PAGE ONE

Reasons for the overcrowding and shutdown have become many and varied but none is conclusive yet. Suggestions include a ticketing scam, over-ticketing, the storming of fences and the rain.

Whatever the cause, the reality of Friday night's mayhem lit up social network sites where festival goers swapped stories of crowd crushes and poor organisation.

Kayle Da Cruz wrote on Facebook: "Waited nearly 2hrs in the queue to enter the event, only to find it impossible to gain entry to any of the dancefloors – poorest event organisation I have experienced at a festival to date."

Alijana Polance wrote: "We have spent 1,300 euros for this weekend and what we received was an hour of queueing and denied entry."

London Pleasure Grounds said in a statement: "Egress from the site was carefully managed and nobody was harmed throughout the process. By 2am the site was clear."

"The decision to cancel the event's second day was taken to ensure public safety as a measure against the potential for more overcrowding."

Garfield Hackett and Debs Armstrong, co-directors of LPG, later said: "We are hugely disappointed that Bloc Festival had to close early."

"We are fully investigating what happened and will provide further information when we are in a position to do so."

A statement from Bloc said: "Given the situation on the ground, we feel that it was the right decision to end the show early. We are all absolutely devastated that this happened, but the safety of everyone on site was paramount."

Festival goers will get refunds for tickets which cost up to £125.

Newham Borough Council gave planning



Festival goers, such as Dan Hancox, tweeted pictures of the mayhem

permission for the pleasure grounds, along with a £3million loan, and is the licensing authority.

A spokesman said: "We support the decision to call an early halt to the Bloc event."

"Safety had to be the priority and it was the right decision in the circumstances given the large number of people in attendance and the bad weather."

"It is suspected there may have been over-ticketing by the event promoters and, together with LPG, we are investigating that."

"If, after the investigation, we believe health and safety had been compromised we will look at what action can be taken against those involved."

"We will work with LPG to make sure that all future events on the site are safe. As the licensing authority we would never licence an event that is not safe."

LPG is insisting that its programme of events will go ahead as normal.

In a statement it said: "The BT River of Music Africa stage, will be using a completely different site layout and is not affected by the same issues, will be going ahead as planned on July 21 and July 22."

The lingering shame of Bloc fiasco – read our blog at wharf.co.uk.

TWITTER



We had to sleep rough nearby

The whole thing was a shambles from the start. It stated that the gates open at 2pm, after two hours of being moved to different gates they eventually opened at 4pm.

When we got into the festival, we thought the layout was confusing because there was a boat, a few food stalls and beer tents and a couple of rides and that was it!

So we eventually got bored, until we discovered another pathway which led to nothing.

The only act we got to enjoy was Amon Tobin, after that the queues were too large and too disorganised.

So we were left wandering around the site with nothing to do until 6am. You can imagine the shock when we were told to leave just after midnight.

There were no trains to get us back home as we don't live in London, so the shuttle buses were useless, and too packed.

When we asked a policeman if there was somewhere warm

we could go, he simply replied: "I don't know."

Soon after, all the lights were switched off leaving us literally in the dark. We spent the night sleeping on some grass outside the DLR station, which was not only uncomfortable but also dangerous.

Come 5am we bumped into festival goers from Belgium who had also had to sleep rough due to this disaster of an event.

Tiffany via wharf.co.uk

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Girls face kidnap ordeal

CRIME ROUND-UP

Rob.Virtue
@wharf.co.uk

TWO teenage girls have been kidnapped in broad daylight on the streets of east London in separate incidents in the space of three weeks.

The first attack saw a 17-year-old abducted in Hackney before being taken by car to a nearby flat where she was raped. The second girl, also 17, was bundled into a car while walking on the Isle of Dogs. She escaped from the vehicle in Westferry Road when it stopped at a crossing.

It is not yet known if the attacks are linked.

The suspect in the first

incident, which occurred on June 6, is described as a black man, aged 30-40, of muscular build.

He has a shaved head, a scar over his right eye and a piercing in his right ear.

He followed the victim, a local student, along Mare Street in Hackney Central at around 3pm before jumping out of a car in Oval Road and pushing her inside. The car is a black VW Golf with a registration beginning with a V.

The assault took place inside a flat at London Fields. Afterwards, the victim managed to escape to London Fields station where she raised the alarm.

On June 27 at about 9.25am, the second teenager was walking towards Marsh Wall,

just south of Canary Wharf, when she was grabbed by a man, described as dark skinned, about six foot four, and with a shaven head. He is about 20 to 25 years old and was wearing a grey long-sleeved top.

He dragged the victim to a silver car with a black interior parked in nearby Manilla Street. The car drove off with her inside but she escaped by Mudchute DLR and ran to safety.

No arrests have yet been made.

Limehouse Police are investigating the second incident. Call 020 7275 4546 with information.

Call Shoreditch Police on 020 7275 3491 with information on the first incident.

SPORT ENGLAND

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Digest

Adventure

Explorer sets off round the world

1 A YOUNG explorer set off from Canary Wharf for the beginning of a solo drive around the globe.

Mike Perham, 20, is aiming to be the first person to circumnavigate our planet by land, air and sea.

He departed from Virginia Quays, which is managed by Consort. Staff from management company gave him £500 for Shelterbox, his chosen charity.

Consort's head of property management Mike Dowland said: "This area has always had a connection with explorers and travellers and it's great to help keep that spirit going."

Politics

Labour expels five councillors

2 TOWER Hamlets Labour Party has expelled five councillors over allegations they campaigned against their candidate in a by-election.

It involved the recent vote for the seat in Spitalfields in which Labour's Ala Uddin lost to an independent candidate nominated by Mayor Lutfur Rahman.

Gulam Rabbani won by less than 50 votes in the hotly contested by-election.

Labour said the councillors – Kabir Ahmed, Rofique Ahmed, Shahed Ali, Abdul Asad and Shafiqul Haque – backed Rabbani's successful campaign.



Transport

Friendliness of long-distance running

3 TUBE chaos or working from home is the choice for Canary Wharf workers over the next few weeks. However, one top athlete is urging people there's another way.

Long distance runner Emily Pidgeon is promoting Home Run London, which organises runs from Canary Wharf to areas such as Stratford, and has accompanying vehicles carrying bags.

"Apart from the health benefits it's a great way of meeting people," said Emily.

Emily is sponsored by Samsung, which has teamed up with Home Run to provide an app for android phones that records the distance users run. The company then donates a pound to charity for each mile completed.

Injury ruled the 5,000m runner out of the Games, but she said she was still looking forward to them.

She said: "I'll be supporting the team, including my boyfriend Andrew Osagie, who's running in the 800m. It's very exciting." Go to samsung.com/hoperelay and homerunlondon.com.

Olympics

Concern over security staffing

4 THE official security firm for the Olympics still needs to hire over two-thirds of the staff needed for Games less than three weeks before it begins.

G4S needs to recruit 9,000 more workers. It has a contract with Locog to provide 13,700 for the event.

In a House of Commons debate Home Secretary Theresa May said: "We have been testing our plans thoroughly, we are confident our partners will deliver a safe and secure Games, but we are not complacent, we will leave nothing to chance and so we will keep on this case."

Society

Judge rules in favour of missiles

5 RESIDENTS in east London have lost their High Court battle to stop the deployment of surface-to-air missiles on the roof of a tower block during the Olympics.

Tenants at the flats in Leytonstone, east London, fear the missile base could make them a target for terrorists. A block in Bow is also earmarked for the surface-to-air missiles.

But a judge has ruled the Ministry of Defence (MoD) was legally entitled to decide there was "no credible threat" and the siting of the missiles was both "legitimate and proportionate".

POLITICAL NOTES&VIEWS

With John Biggs

London Assembly Member, City & East

This is my last column before the Olympics, so it's an opportunity for me to hope for a successful Games, including maximum UK success, with as little disruption as possible to the other parts of our lives in London.

All is looking good, although many of us are anxious about the traffic and transport disruption. If all goes well, it should be a price worth paying.


So, let us remind ourselves why we wanted the Olympics in the first place.

There are three reasons, one obvious and the other two more subtle. First, we love sport. Second, we need the world, an increasingly competitive place, to feel positive about our country, and particularly our city. We all know it's the greatest city on Earth but a few billion other people need reminding.

Third, after the success of Canary Wharf, the Stratford Olympics are part of the next big jump in rebuilding east London's economy, for us locally and to make London a stronger city. But don't forget that took a long time to happen – it's not a sprint, it's a marathon, to be topical this Olympic month.

So when the medals start collecting dust, don't forget those other reasons. A few weeks one summer are just a stepping stone in a process that will need many more years to complete – a truly Olympic project.

“Let us remind ourselves why we wanted the Olympics”




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Why Olympics could make lasting dent on trafficking

SOCIETY

2012 could be a watershed moment in the forced sex trade, says academic

Organisers and sponsors of major sporting events such as the Olympics have an opportunity to tackle the growing scourge of sex trafficking and leave a lasting social legacy. That's the conclusion of a report that looks at London 2012 in the context of other sporting mega events, which saw a rise in trafficking to cater for demand. Although data is difficult to analyse, report author and expert Dr Carrie Pemberton Ford challenged the

notion that London would see no increase as suggested by GLA member Andrew Boff's March report *Silence On Violence*.

Dr Ford told *The Wharf*: "Athens did and Vancouver did. No one wants to get hysterical about it but if you're not pro-active in knocking out trafficking networks they're going to come and bite you."

"Is there going to be a lot of extra trafficking for sexual exploitation in London? I don't think it's going to be intense but you can't deny its presence – it's there in the social economy and you've got to pay attention to it. If you take your eye off it you do allow it to grow."

But it is, by its very nature, a hidden crime.

Dr Ford said: "The internal elasticity of the sex market in Britain will probably manage any lift in demand very comfortably with pop-up brothels or squat brothels. And this is one of the real challenges of doing a police sweep. Police could sweep through where there are indicators. But how can they manage those that are more discrete and work through the diaspora commu-

FIRST PERSON

Abandoned and forced to become a prostitute

Ada, 25, tells her story of betrayal and violence

I had been with my boyfriend Paul for about six months and we often talked about moving out of Sierra Leone to find work and get married – we were in love. Paul suggested we move to the UK because he had an uncle there; I thought it would be a good opportunity to start a new life and maybe become a teacher.

Paul arranged everything and we travelled together to London. I was happy and excited.

Paul's uncle picked us up from the airport and we went to a house together. Paul said that he was going out for a bit and after he left his uncle raped me. I felt helpless.

A few hours later his uncle said that Paul had gone back to Sierra Leone and that I had to work as a prostitute until I had paid back the £5,000 it cost to bring me here.

He raped me again and told me that he would keep doing it until I agreed to pay back the money. I was devastated.

I was taken to a brothel and made to work there for six months. There were five other women at the brothel. I had to have sex with two or three men a day and I was kept locked in at all times. The men who ran the brothel hit me, so I was afraid to say no. At first I used to cry a lot, but after a few months I realised there was no point.

I saw a lot of bad things. I saw the other women being beaten and raped. I was raped too.

W What was your life like in a brothel?

"I had to have sex with two or three men a day and I was kept locked in at all times. The men threatened me and hit me."

I escaped when the men held a New Year's Eve party. When nobody was looking I ran out of the back door.

I slept in a park for a few nights before a woman took me to a police station.

The police spoke to Eaves' Poppy Project and I moved into one of their safe houses. I had a support worker at Poppy who went with me to appointments with the police, solicitor and doctor. After a few months I made some friends and began to think that I would be OK. Eaves encouraged me to go to some art and drama classes to build my confidence and they also helped me to claim asylum because I can't go back to Sierra Leone.

I recently moved into my own flat and am now at college and on my way to becoming a teacher; the reason I came to the UK. For more information on the Poppy Project go to eavesforwomen.org.uk.

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There could be up to 80,000 sex workers in Britain

nities. It's a bit like a cancer that's going quietly in the body until suddenly a tumour arises."

The Mayor of London Boris Johnson said he wanted zero impact on trafficking during the Games and extra funding for the Metropolitan police has seen a more visible assault on brothels.

While Dr Ford, of the Cambridge Centre for Applied Research in Human Trafficking, applauds the use of "disruption activity" she sees aftercare of the victims as an area where funding, pressure and reform could be applied with long-term consequences.

She said: "The support services need to be right there in place and strongly supported. Woman who are in sexual exploitation are in a vulnerable and hazardous position, it's not like they're Belle du Jour."

"It is one of the most hazardous activities that a woman can get involved in. The morbidity rate climbs by about 12 fold and issues of wellbeing are deeply compromised."

"In Sweden they put in education and exit programmes for women. In the five Olympic boroughs we only have three support services working with those who are in prostitution and they are deeply underfunded."

But these programmes, said the academic, could go further and she called on the Olympian ethos of education and rights to rally the fund-raising effort.

She said: "If you want to do something about exploitation you've got to put money into these protective services."

"It's a good time to take stock. A sponsoring businesses could address something about fundamental human dignities which are the very values that the Olympics wants to uphold."

Go to ccarht.org. Companies wanting to take action against trafficking should contact gamechanger@ccarht.org



Dr Carrie Pemberton Ford

What's on

Why I turn away from the crowd and please myself

COMEDY

Terry Alderton tells **Rob Virtue** about being on stage, online criticism and meeting Danny Dyer

Former footballer, current full-time comedian and part-time Danny Dyer impersonator Terry Alderton is all set for the Greenwich Comedy Festival. On stage he's a paranoid schizophrenic controlled by voices. Off stage he just loves being abused on Twitter.

■ **What are you up to these days?**

I've just finished touring and I've been doing some festivals. I've been to New Zealand and now it's out to Montreal.

■ **You've got an unusual style – what's it like performing your comedy abroad where they least expect it?**

It's not too different. My style is really it's own thing so it doesn't matter where I perform.

■ **You have your back to the audience for a lot of it – do you see their response?**

No, I'm immersed in my own world and I don't hear any laughter. The only time I hear feedback is when they have a go at me on Twitter.

"You're so funny I hope you die of cancer", is a personal favourite. I've also had: "You're an unfunny Jim Davidson." That one hurt. It doesn't bother me. The more abuse you get, the more successful you're getting.

■ **You used to be more mainstream, didn't you?**

Yes, I much prefer the way I do it now. I used to be a crowd pleaser but I wasn't getting any further and it's not what I wanted to do.

When I first did the voices in about 2008 it was a big relief. Maybe one day I'll do something a bit different again but for now I'm really enjoying it.

■ **You've also done a lot of presenting. Did you make a conscious decision to focus on comedy?**

The telly wasn't what I wanted to do in my



Comedian Terry Alderton says the more online abuse he gets about his act, the more successful he's getting

heart. I was presenting some real s***. It gave up on me as I gave up on it.

■ **Before that you were a Southend United goalkeeper?**

I was a goalkeeper and I should say I had an injury but I was just rubbish so they let me go.

■ **Only to be re-signed?**

Ha yes in 2004. It was all a publicity stunt really. We had injuries and they saw me perform on *The Match* on television. So they got me to sit on the bench as cover. That first game was my big day but it was Freddy Eastwood's debut and after seven seconds he'd scored. He got a hat-trick that day and I was forgotten about.

■ **Some people will know you best for your take-off of Danny Dyer. Have you ever met him?**

A few times yes – he wasn't happy. What happened was I took the mickey out of him

when I was performing and he got his right of reply when I interviewed him at the V Festival.

When I saw his *Real Football Factories* show I thought I can definitely get him back with this. It was awful.

I recorded some sketches for Virgin Media where I just took the p***. It just caught on.

He got the last word in though. He called me a c***. He's an articulate fellow isn't he?

■ **Terry Alderton, Josh Widdicombe, Des Bishop and TBA, Greenwich Comedy Festival, Old Royal Naval College, Jul 14, 7.30pm, £18.50-£24, greenwichcomedyfestival.co.uk.**

Comedy4Kids / Page 49

GIG

Sergio Mendes

Indigo2



Drab, rainy east London is a long way from the sizzling beaches of Rio de Janeiro but pop into The O2 for this gig and you might just be able to leave the British summer at the door.

Mendes, whose album *Timeless* featured a collection of sun-bright stars (including the Black Eyed Peas, John Legend and Stevie Wonder), will dominate the venue's smaller auditorium with the sights and sounds of Brazil.

Expect thumping beats, garish headresses and a fair amount of hip waggling.

■ **Jul 14, 7pm, £34.25-£51.25, theo2.co.uk.**

STAGE

A Life In Monochrome

The Space



We're promised dynamic and mischievous theatre from Blind Tiger with this stateside murder mystery set amid hard drinking Americans struggling to cope with the strains of The Great Depression.

Prohibition's been lifted and Susan Lyons, a young girl intoxicated by the city, learns how to manipulate those around her before coming to a sticky end. We join the case as Detective Bradshaw tries to uncover what happened to her.

Probably best to wear a trilby for this one.

■ **Jul 17-28, 8pm, £12 (£8), space.org.uk.**

Interwoven sapphic tales

STAGE

Sappho In Nine Fragments

Greenwich Theatre

Muse, poet, inspiration and songstress, Sappho's not been short on influence since creating her works on the Isle of Lesbos 2,700 years ago.

Here, writer and performer Jane Montgomery Griffiths seeks to explore the Greek's impact and reception in what's billed as a roller-coaster story.

This is interwoven with the contemporary story of a young actress coming to terms with her own sexuality.

First performed in Melbourne, this new production by director Helen Eastman has been hailed as the ideal production for those who like their theatre full of guts, imbued with heart and a generous side helping of brain.

If you're going to this, affect a Penguin Classic about your person.

■ **Jul 17-18, 8pm (Weds Mat 2.30pm), £15 (£10), greenwichtheatre.org.uk.**

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What's On

BOOK

Criminal
Karin Slaughter (Century)
★★★★☆

Crime author Karin Slaughter takes her readers into a world of degradation, defilement and decay. She returns there frequently during the course of this razor-sharp story and each time the stomach churns.

No less sly and vile are the gender divisions of '70s Atlanta which occupies half her timeline as she explores the roots of a key character (rookie detective Amanda) and a crime that ripples through the decades.

There is authenticity, cracking detail and ambience as well as sufficient twists and turns to make for a compelling and, in places, uncomfortable read.

Giles Broadbent



Keira and Carell stumble into a doomed romance

SCREEN

Seeking A Friend...

(15) 101mins

Cynic in me says: Steve Carell and Keira Knightley, it'll never last. But there's no testing the theory because an asteroid is about to destroy the earth and significantly curtail their game-time.

A downer in most circumstances – although doomsday does put the middle-aged sad-sack and the flighty Brit in each other's path to kick-start this screwball romance.

Seeking A Friend For The End Of The World is written and directed by Lorene Scafaria. She has created a tender and amusing but flawed footnote to the current tendency towards apocalyptic gloom, although laced with some nicely dark comic set pieces.

It sees downbeat dumper Carell as Dodge (by name and nature) who, while the world engages in fin-de-terre hedonism, still mans the office phone.

However, just before the



Keira Knightley and Steve Carell as Penny and Dodge

Great Release, he hears from a former love and decides to hit the road to track down whether his story could have been any different.

In tow is open-book hippy chick Penny (Knightley) who is trying to find a way back to Blighty for the closing curtain but, instead, stumbles into a touching May-to-September romance with the melancholic misfit.

The road movie sees them encounter a bevy of oddballs (Patton Oswalt, William Petersen) turning the end of days to their own advantage

but the initial comic juxtaposition of sharp practice and daisy pushing soon succumbs to a glut of lazy sentimentality.

By the end, swift oblivion by a mighty rock appears more merciful than death by treacle but the two leads do manage to bring charm and tenderness to their brief encounter.

Giles Broadbent

Our verdict

True love dented by an asteroid and sentimentality

★★☆☆☆

SCREEN

Ice Age 4

(U) 92mins

Scrat the sabre-toothed squirrel sets off a tectonic chain reaction that threatens to destroy an entire continent in the latest chapter of the Ice Age series.

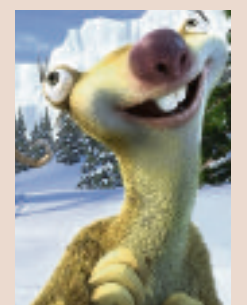
While Ellie shepherds the land animals towards a bridge that is the only

escape route from the rapidly collapsing island, Manny and his chums drift helplessly away and come under attack from sea-faring pirates led by prehistoric ape Captain.

Ice Age 4: Continental Drift unfolds at a brisk pace and action sequences are packed with high-velocity splats but there are signs of an ideas drought.

★★★☆☆

Win a goodie bag / Page 53



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MOTION & EMOTION

PEUGEOT

On the shop floor with Sam

SCREEN

Comes A Bright Day

(15) 87mins

There's little disguising writer-director's advertising background in this fractured vignette.

Everything is elegant, languid, poetic and, in places, artificially stage-bound – perfect for a story of soft-held love, yearning and luxury.

Unfortunately, Simon About allies these impeccable qualities (and performances) to a jewellery shop heist that is executed ineptly by both armed gang and director.

Comes A Bright Day is a hostage drama, with stuttering psycho Cameron,



Timothy Spall as Charlie

his bumbling sidekick Clegg (Cameron and Clegg, geddit?) holding at gunpoint wistful jeweller Charlie (Timothy Spall), earnest bellboy Sam Smith (Craig Roberts) and radiant shop assistant Mary (Imogen Poots).

Sam is smitten with Mary but crippled with nerves while Mary is a romantic in a brutal

world. Charlie mourns the loss of his life's grand love.

The hostage plot is without tension, despite the bloodshed, and Kevin McKidd struggles to find consistency in Cameron – part Tarantino nutter, part *A Fish Called Wanda's* Ken Pile.

The film works best when Charlie, Mary and Sam pass the time in agreeable and unhurried fashion swapping tales of opulent romance.

But their fragile spell is too frequently undone by clumsy intrusions.

Giles Broadbent

Our verdict

An interesting, but flawed, take on a hostage drama

★★☆☆☆

Family

WORKING MUM

By Tabitha Ronson

Light-fingered son acquiring the theft habit

Master A has developed a worrying little habit.

Each day he comes home from school he has "acquired" a new belonging.

A routine check of his pockets regularly reveals a marble, pompom, badge, miniature action figure – the list is endless.

At first I didn't think anything of the appearance of these random items, assuming they had been picked up accidentally or that Master A had forgotten he had them on him.

But now, as these items are appearing on a daily basis, I am starting to get concerned.

I raised the subject with him after finding two pink plastic jewels in the drum of the washing machine; the two-hour rattling wash cycle drawing attention to my pocket-turnout oversight.

The silence and downcast eyes to my question of gem ownership was enough to

confirm his possession of them was no accident.

What I don't understand is that Master A gets pretty much everything he wants so then why would he want to take meaningless items that don't belong to him?

As with any parental crisis I face the first place of call was the internet. I keyed in to Google "my four-year-old is a kleptomaniac".

I was staggered at the notice-boards and chatrooms dedicated to the topic. It seems I'm not the only one who is nurturing the next Raffles.

The posts for advice from parents dealing with the same issue were filled with anguish, the replies extreme (who needs a Bronte novel when you have the Net).

The most troubling reply post read: "My nephew had the same problem. His parents didn't want to think anything was wrong so they ignored it. He is now 22 years old – and in jail for theft. Please, if your child has this problem, don't let it slide."

He's too pretty to be incarcerated!

Working mum in the process of seeking professional advice for her light-fingered little 'un. I don't want to be the mother of an old lag.

Knock, knock. Who's there? A very demanding audience

ENTERTAINMENT

Comedy club aimed at children tests the nerves – and gags – of the best stand-ups

Giles Broadbent
@wharf.co.uk

Clowns with balloon animals? Forget it. Buckets of paint? Not on the agenda. Poo jokes? OK, maybe occasionally. Executing "non-patronising" comedy that appeals to children and their parents is an extreme sport that has the most accomplished stand-ups quaking in their Clarks.

Comedians like Stewart Lee, Stephen K Amos, Jason Byrne. They can dismantle a hostile heckler at 50 paces but making a roomful of children laugh is a challenge of another order.

Stow away the sex gags, the swear words, the diatribes on bankers and think playground pranks and flights of fancy.

That's one tip from an expert, Tieran Douieb, who comperes *Comedy4Kids* and brings the show to Greenwich this weekend.

He told *The Wharf*: "A lot of comics are nervous. They get worried about what they're going to do and if they've got material that's suitable because if kids are bored they show it quickly."

"But once you've done it you realise that children are a far more appreciative audience. They want to sit in the front row because they're excited and they never heckle with anything malicious, it's always something they want to contribute."

"Once comics have done it once or twice they go 'this is a lot easier than I thought and a lot more fun'."

"It is a different mindset. The longer I do it the less I have to think about it."



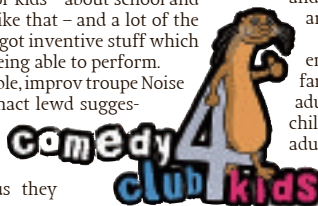
Tieran Douieb comperes the Comedy4Kids stand-up shows

I have got about an hour of material that is just for kids – about school and pets things like that – and a lot of the comics have got inventive stuff which they enjoy being able to perform.

"For example, improv troupe Noise Next Door enact lewd suggestions in the evening but when they did it for us they

had to perform a king with 12 bums and about a man who lived in an elephant car. It's lovely."

He added: "It is made easier because our shows are for families and we encourage adults to come along. If the children are laughing the adults laugh and if the adults laugh the kids think 'ooh this must be funny'."



CHARITY

Children illustrate Gherkin recipes

★ Children from a Tower Hamlets Primary School have helped illustrate a cookbook raising money for the NSPCC and Childline.

Insurance firm Swiss Re brought together recipes from people including Esther Rantzen, newsreader Fiona Bruce and the executive chef of Searcys, which runs the restaurant at the top of The Gherkin, the building where Swiss Re is based.

Esther Rantzen will be signing copies of the book today (Thursday) at Waterstones in



Picture by Yana Mahmood, 6

Leadenhall Market. Children contributed 82 pictures of the city icon so each recipe has its own interpretation of the building, painted, drawn or collaged by children from William Davis Primary School.

HOSPICE

Harry the Head goes on tour

★ The mascot of a children's hospice in Beckton invaded China Town last week to help launch the hospice's Rainbow of Nations season.

Harry the Head explored the New Loon Moon Supermarket where he was taught about the ingredients and cooking utensils.

TIPS & HINTS

■ **So Tieran, what advice would you give to a comedian?**

Talk about what children know about – so stuff about families, and holidays and school and friends and pranks and things they understand. I tried to do something about political parties but I lost them when they discovered there was no jelly and ice cream.

■ **What tone should you adopt?**

It's got to be within their world of knowledge, nothing patronising, you have to speak to them as equals.

■ **What if your material is bombing?**

If all else fails just talking to them is the best thing you can do because they come out with such wonderful, crazy thoughts. Ask questions. I asked one 'what do you want to be when you grow up' and he said 'someone with extremely long legs' and suddenly you're off on one.

■ **So ineventiveness is good?**

There's a very fine line. I have watched some acts that are very surreal and all the children are sitting there thinking 'I thought that last week, I don't know why that's funny'.

■ **What about just acting silly?**

Anything that gives them power over adults, they absolutely love. They love watching adults on stage act like a child so bring yourself down to their level, they think that's amazing.

and start laughing.

"They feed off each other which makes it easier. We have a show which is just kids and that is harder."

"I've only seen children get up and run around only once and it was with a comic who was doing lovely stuff about dinosaurs and for some reason he decided to talk about the credit crunch and they all just switched off."

So what what happens if the six-year-old decides this is their chosen career path. That's when the Comedy Academy4Kids steps in. The workshops even put their brightest on stage – one will be on the line-up at Greenwich.

Tieran said: "Up until about the age of 13 kids aren't very self-conscious, they're happy to stand in front of a room of people and tell them things."

"They've got incredibly sharp sense of humour too. One kid, called Finlay, did a lovely bit about why all children's instructions say you should get an adult to help you and yet none of the adult stuff, like remote controls, says get a kid to do it."

Comedy4Kids (6+) is 3pm on Saturday, July 14. Go to greenwichcomedyfestival.co.uk for more information about other events and the academy, go to comedy4kids.co.uk.

Life



FITNESS WITH LAURA WILLIAMS

Q&A

My girlfriend's hinted I need to lose weight but I never have time to go to the gym. Can you help?

I'm sure there's time in your day to acquire a small exercise habit.

That might be a 20-minute fast run at lunch or a game of five-a-side just once a week and then at least one opportunity for a longer run or an outdoor bootcamp class.

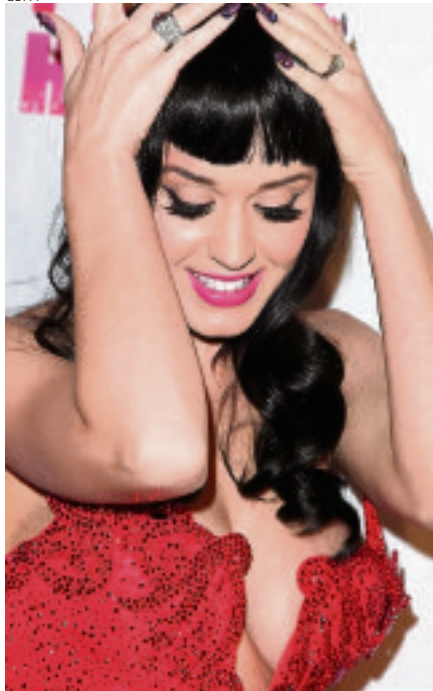
It's this kind of tougher, higher intensity activity that will get you a tum your girlfriend approves of.

As for heavy work lunches, you probably need to scale them down in line with your current lack of activity.

Top tip

Avoid office snacking: It seems every birthday, pregnancy and redundancy is an excuse to crack open those supermarket sharing tubs. Enjoy the odd slice of cake but don't get sucked in too deep.

GETTY



GET THE LOOK

Katy Perry

The singer had to put in extra hours to get in shape for filming with the marines for her *Part Of Me* video. After breaking up with her boyfriend in the promotional film, she cuts her hair off and heads for the military for some serious rebound therapy.

How she does it: Katy Perry's trainer says the areas she likes to focus on during her training are legs, abs and arms and that she also has to follow his special diet in order to stay in shape for touring and filming.

Do it for yourself: Katy is a big fan of cheat days where she gets to eat normally but her celeb trainer Harley Pasternak insist the rest of the time she follows his Five-Factor Plan which means five small meals a day including plenty of foods high in healthy fats, protein and fibre.

These three food categories are often seen as the dieter's friend (both fibre and protein help to keep you fuller for longer), hence the reason many diet plans contain high fibre foods like wholegrain cereals and pulses and lean protein such as chicken and fish.

And the idea behind five small meals is that this prevents overeating from going too long without food, plus many believe it helps to keep the metabolism elevated.

Along with regular exercise (Katy's a big fan of skipping) this method of eating should certainly help if you're looking to ditch a pound or two in time for your summer break.

5 Meals
Katy Perry
eats every
day to
help keep
in shape

shop spot



Santorini pleated maxi skirt, £139
damselinadress.co.uk



The Rodnik Band fish scale print jacket, £160
asos.com

Go to Laura's website at laurawilliamsonline.co.uk, email questions to laura@laurawilliamsonline.co.uk or follow @laurafitness on Twitter

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Food

MORE
REVIEWS
ONLINE
wharf.co.uk

TASTES

Wahaca launches summer specials

MEXICAN specialist brand Wahaca has launched three streetfood specials in celebration of summer.

Crispy squid with chipotle mayo (£3.95) and beetroot and whipped goat's cheese salad with hibiscus dressing (£4.50) for the vegetarians will be on offer at the chain's Canada Square branch for the next few months.

The restaurant says the dishes have been designed to put a "little sunshine in your lunchtime". Not a bad idea given the current climate. Go to wahaca.co.uk for more information.

FESTIVAL

Top tastes at feast of comic talents

MEANTIME Brewing Company is providing the beer for this year's Greenwich Comedy Festival, which begins tonight (Thursday) and runs until July 20.

A Pimms bus will also be at the Old Royal Naval College event, serving the classic summer drink, as well as coffee and smoothies.

Food on offer will include Olympics-inspired scotch eggs, buttermilk fried chicken and British Bratwurst prepared in Meantime's London Stout.

For more information go to greenwichcomedyfestival.co.uk.

Q&A with Terry Alderton / P47

APPEAL

Give food to help borough's needy

FOOD donations are being called for to help those in need of sustenance in east London.

Customers at Asda on the Isle of Dogs are being encouraged to hand in non-perishable foods between 9am and 5pm on Saturday.

The event is being run by the Tower Hamlets Foodbank.

Organiser Denise Bentley said: "The current economic climate means more and more people are struggling to put food on the table."

"We really need the local community to dig deep and give what they can to help."

When you can't pick a cuisine to suit everyone

REVIEW

Jimmy's World Grill And Bar

The O2

Rob Virtue
@wharf.co.uk

Eat as much as you want." Words that are alien to the Wharfer as we tirelessly hunt the restaurants, cafes and shops for value.

Estate inhabitants normally can't get to the till quick enough if they see a sandwich for under £3. But now, food fans, there's a new outlet in town. An all you can eat extravaganza.

Jimmy's World Grill And Bar has, until recently, been restricted to those lucky populations of places such as Derby, Peterborough, Staines and Milton Keynes. Just a month ago, however, it opened its doors inside

The O2.

£10

More than enough for an all-you-can-eat lunch

It is the buffet the hungry hordes have been crying out for in a venue that wouldn't look out of place in Las Vegas.

Metal containers full of curries and Chinese dishes, a glass cabinet filled with fried chicken, shelves of sushi and a host of desserts complete with chocolate fountain.

Not enough? Of course not, so chefs are dotted around to cook in front of you. Order pizza, pasta, a stir fry, a burrito or a naan bread and they will rustle it up for you.

Go to the ice cream stand and rather than give you a dollop, a chef will shape it into a square and hammer your choice of sweets into it. It's lunchtime theatre. A culinary circus.

Think twice about taking your wife there for your anniversary but if



Chefs at various stations are happy to cook fresh stir fries, pizzas, naan breads and fajitas while you wait

W Why would you go to Jimmy's?

"With so many different dishes on offer, this is the perfect venue for lunch with the team, particularly if you have diverse tastes."

Rob Virtue



you've got your kids in tow then this will keep them quiet for a good hour.

Winning and dining a client? Unless it's Mr Creosote and you're on a budget I'd give it a miss.

However, it's a perfect venue for a lunch with the team, especially if you have diverse tastes.

There were a couple of hiccups. Firstly, it's a restaurant version of a Tardis. You don't think you can miss a 400-seater venue among a 200m stretch of outlets that is The O2, do you? But the solitary door next to the Indigo2 means you have to be pretty observant.

And as for the food, if you want Michelin quality head elsewhere. It's a jack of all trades and serves up pretty standard dishes that struggle to tantalise the taste buds. However, you'd need super-strength powers of resistance not to eat yourself silly.

It's £9.99 for a lunch, up to £16.99 for dinners and kids eat half price. You can certainly get your money's worth if you can stomach it. Jimmy's World Grill And Bar, Millenium Way, Greenwich, SE10 0DX, jimmysworldgrill.co.uk.

Our verdict

Not one for an anniversary but you can eat yourself silly here

★★★★☆

Our verdict

Crying out for a signature cocktail

★★★★☆

Colourful distillation needs the sunshine

SPIRIT

Edgerton's Original Pink Dry Gin

RRP £35

The first thing to mention about this modern take on a fusty old classic are its looks. It's garish, racy, almost too much for a conservative cocktail cabinet.

Blushes all around then. But is it really the "taste of paradise" promised? Well the flush comes pomegranate plus a robust blend of 13 other botanicals including coriander, angelica, juniper, orris root, sweet orange peel, cassia bark, nutmeg, damiana and the exotically titillating grains of paradise (a gingery peppery thing).

Doubtless put together with great care and thought, it's nevertheless hard to shake

the feeling that there's a little more style than substance here. While the nose is undoubtedly powerful and there's a potent orangey kick to it, there's also a background hint of something more chemical when approached neat.

This is easily massaged away however when combined with other flavours and although you may be accused of serving Listerine to guests the Edgerton makes a pretty decent addition to the drinks cabinet.

Rather than domestic drinking, however, my sense is that this is a product crying out for a signature cocktail and as it's already found its way onto the books of a number of high profile bars in the capital, it wouldn't come as too much of a

surprise to see those bigger names do something interesting with it.

Let's just hope the season perks up a little so we're able to enjoy it, ice cold with a splash or two of tonic, in more authentic conditions than those provided by a heat lamp and a gigantic umbrella on a terrace. Best enjoyed while basking on a veranda.

Available to buy at Harvey Nichols and Waitrose and behind the bar at The Dorchester, The Ritz, The Oxo Tower and The Groucho Club.

Jon Massey



Images



1

Former WBA and IBF super lightweight champion Amir Khan works on his timing with trainer Freddie Roach in Hollywood.

REUTERS
Steve Marcus
UNITED STATES

2

Francesca Schiavone of Italy holds a ball in her mouth at Wimbledon.

REUTERS
Toby Melville
BRITAIN



3

People play a game of backgammon on the biggest board in Israel in Tel Aviv as part of a beach festival.

REUTERS
Nir Elias
ISRAEL



4

A model presents a creation by French designer Alexis Mabille as part of his Haute Couture Fall Winter 2012 collection at a fashion show in Paris.

REUTERS
Gonzalo Fuentes
FRANCE

4



Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro

AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

A great time to organise your life and to work out where you are going. You seem to have gone awry from the original plans but can get back on track.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Push through any tiredness and work hard today. Your chart shows those with the power are watching you now and you can benefit from the efforts you make.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

The dynamics in your circle are changing and quite how you will feel about this is uncertain. Ride the change Aries, as any transitions are in your favour.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

New ways to get on with difficult faces could well see you finding your feet in life again and improving your confidence tenfold. You're wiser now Taurus.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Should you make peace with someone you've not been getting on with to placate a close one? Is it worth it? Just wait and see by their reaction.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Group activities are well starred and we should see you getting out and about again. This newfound energy could even see you fall in love this week.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

The sun is making it hard for you not to appear over confident. Bring things down a notch please Leo or you'll cast yourself as arrogant – not good.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

New developments in your love life help you get over someone from your past as you're able to focus on the future. Spend some time with an old friend.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Foreign links prove lucky but difficult to act upon. Make sure you don't rely on others to do your groundwork. Ensure you're the one taking the lead.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Don't get despondent about things that have not happened. With the back up the planets are giving you this week, there is nothing you can't get.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Romantic signs are good and you start to get a better idea of how you can shape your life. Don't listen to a friend who has jealousy in their head.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Good times with close ones can help you find the relaxation your chart shows you've been so in need of. Arguments in business are futile so avoid them.

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Dinner and a Movie



★ Fancy winning dinner and movie for you and a friend?

We've teamed up with West India Quay's La Vista and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema. In addition, take a home a

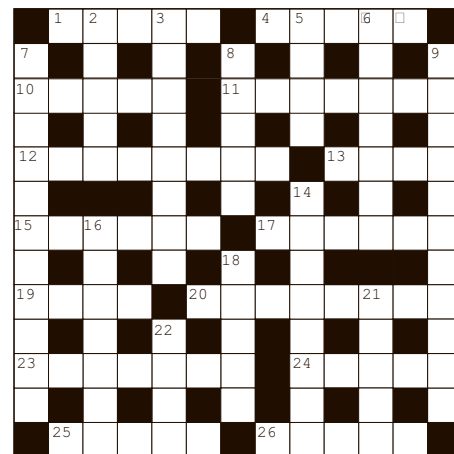
goodie bag which contains, among other stuff, a lunchbox, water pistol, kid's T-shirt, key chain and activity set. The goodies are aimed at children.

To be in with a chance of winning, just tell us which is the foreground character in *Ice Age 4: Continental Drift* showing at

Cineworld. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is July 19, 2012.

Include your name and full postal address and the details and tickets will be posted to you.

Crossword



ACROSS

1. Underground chamber or vault (5)
4. Stopping device (5)
10. A point under dispute (5)
11. Naval commander (7)
12. Wolfram (8)
13. Explosive device (4)
15. Respect or admire deeply (6)
17. Expel from the nose (6)
19. Satisfy (4)
20. Nocturnal mammal (8)
23. Vertical support (7)
24. Deserves (5)
25. Heavenly messenger (5)
26. Trembling poplar (5)

DOWN

2. Tree sap (5)
3. Delectation (8)
5. Sloping path or access (4)
6. Entertainment of Japanese origin (7)
7. Scenic (11)
8. Thin biscuit (5)
9. Astound (11)
14. Laughs disrespectfully (8)
16. Experienced soldier (7)
18. Trivial (5)
21. Crowd or throng (5)
22. Make eyes at (4)

ACROSS: 1. Crypt; 4. Brake; 10. Issue; 11. Admiral; 12. Tungsten; 13. Bomb; 15. Reverse; 17. Sneez; 19. Sate; 20. Hedgerow; 23. Upright; 24. Ears; 25. Angel; 26. Aspen. DOWN: 2. Resin; 3. Pleasure; 5. Ramp; 6. Karaoke; 7. Picturesque; 8. Wafer; 9. Revere; 11. Flabbergast; 14. Sniggers; 16. Veteran; 18. Horde; 21. Petty; 22. Gogle.

Sudoku

EASY

				3		8		
1	8						5	
	3	9	6			1		
		6	5			9	4	
			8		2			
	4	1			9	7		
		4			6	2	9	
	9						1	5
		2		7				

HARD

4	8					6		5
5			9			7		
		1	5					
				2				1
6		2	7		3	5		4
9				1				
					2	9		
		4			7			3
1		8					5	2

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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WEEKEND
FLUTTERWITH THE **RACING POST**

GETTY

RACING

■ The Michael Bell-trained Suraj has a great shout in the John Smith's Silver Cup at York, pictured, on Saturday. He goes well on soft ground, so any rainfall on the Knavesmire will help his cause, and he won his latest start at Doncaster by six lengths.

The three-year-old is on a steep upward curve, and while there are other unexposed performers in the field, we have yet to see the best of Suraj and he is a confident selection. **Nick Watts**

■ The July Cup takes place at Newmarket on Saturday in a fiercely competitive sprint and Sirius Prospect rates good each-way value.

Dean Ivory's charge hasn't sparkled like he did last season but showed when not beaten far by Black Caviar in last month's Diamond Jubilee at Royal Ascot that he is heading in the right direction. He can run well at around 20-1. **Ed Quigley**

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

Anything's possible if you reach a final

OLYMPICS

Buhari's inspired by Murray's tilt at Wimbledon

Rob.Virtue
@wharf.co.uk

Andy Murray's tennis performances have been a cause for optimism for one man looking to make Olympic history this summer.

Abdul Buhari, a part-time Canary Wharf worker with Credit Suisse, is one of three men representing Britain in the discus at London 2012 this summer.

Although Britain has never had a podium finish in discus, Buhari believes Murray's success in getting to the Wimbledon final last weekend shows tradition is there to be changed.

"We've got three discus throwers achieving world class distances and if we got into the final then we have a great chance of getting someone on the podium," said the 30-year-old.



GETTY

Discus thrower Abdul Buhari

"Andy Murray was the first Brit to make it to a Wimbledon final since 1938 so it shows what can happen. Sport's unpredictable – with a home crowd behind you anything can happen."

With some big European names to take on this summer it will still be a huge achievement to win a medal but Buhari believes Britain has never looked in better shape in the discus.

"Robert Harting from Germany is a big challenger and the Beijing winner Gerd Kanter from Estonia is always up there but anyone

who makes the final will be in with a big chance," he said.

"In Beijing we had no discus throwers. In Athens we had just one man and one woman. To have three men is a first."

Despite throwing the Olympic A-standard of 65m, Buhari came third in the trials, narrowly missing out on second place, which would have guaranteed him a spot.

However, his performances over the last year convinced the selectors he had to be one of the three going to the London Games. Buhari, who trains with Newham and Essex Beagles, was delighted to receive the call.

"It feels fantastic," he said. "Really awesome. Balancing working in the City and being an athlete is a challenging thing to do. But I now get to accomplish my dream, performing for GB in a London Olympics."

He takes a break from his banking job at Credit Suisse this week, when he heads to Portugal with Team GB for late preparations. He then heads to the Athlete's Village and will begin competing in the qualifying section at the Olympic Stadium on August 5.

SPORT IN
BRIEF

Deals and signings

Addicks secure pair of signatures

TRANSFERS Charlton have made their first signings of the summer with a double swoop.

Out of contract former Sunderland forward Jordan Cook has joined the newly-promoted Championship side while former Addick Lawrie Wilson, pictured has also agreed a move.



GETTY

Wilson, who played for Charlton at youth level, moved from Stevenage for an undisclosed fee. Manager Chris Powell said he sees him as competition for right-back Chris Solly.

Millwall retain Henry and Smith

CONTRACTS Winger James Henry and defender Jack Smith have both signed new deals that will keep them at The Den.

Lions manager Kenny Jackett has negotiated contracts that will see the pair continue to play for the club until 2014.

Both players made 39 appearances last season.

the Wharf

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Sport

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THROWING GAME

Team GB discus thrower says Murray inspires him **P55**

BOXING

I'll be all over Haye



BERMONDSEY boxer David Haye hardly lessened the sense of personal animosity with rival Dereck Chisora, pictured, when he failed to make a media call on Monday ahead of Saturday's Upton Park bout.

Haye wrote on Twitter: "Just woke up! Apparently I slept through a press media call! Hope I didn't miss out on anything interesting coming out of Del Boy's mouth."

Chisora labelled his rival a "drama queen" and said the fight was "a matter of pride" and not a stepping stone to a clash with one of the Klitschko brothers.

Chisora is the underdog but declared: "David Haye does not know what he's got himself involved in, this is going to be a fight. I'm going to be all over him like a baby's rash, he's never fought anybody like me."

The feud between the two was sparked when they brawled at a press conference following Haye's loss to Vitali Klitschko in February. Chisora's licence was subsequently suspended during a spat with the Ukrainian brothers so the clash was sanctioned by the little-known Luxembourg Boxing Federation once Haye had agreed to come out of retirement.

How I built a new life in sport after my accident

PARALYMPICS

GB seated volleyball captain tells us how she came to terms with her disability

Rob.Virtue
@wharf.co.uk

When Claire Harvey leads Team GB on to the volleyball court at the Paralympics next month it will represent a huge transition.

Because just four years ago the keen sportswoman was knocked off her bike, paralysing her right leg, and changing her life forever.

Despite her initial horror, the determined 38-year-old was soon focused on making the most out of life.

"I remember lying in hospital and being told I'd never walk again and thinking my life was over," said Claire, who now works in Canary Wharf for the Financial Services Authority.

"Everything I'd done before was active and I thought I might as well die. Luckily I've got a great family and friends who encouraged me.

"And my physio figured me out straight away and told me I'd never do this and I'd never do that, which drove

me on further. I soon realised that I could still do so much."

Following the accident Claire left her job as a prison governor for a fresh start and got a job at the FSA where she is now head of corporate responsibility.

Missing sports, the former rugby player visited a try out day for the Paralympics in 2009.

After practising a number of disciplines she caught the eye of the volleyball coach. She made the team and was later appointed captain.

Reebok Sports Club in Canary Wharf then gave her a membership to allow her to train close to her office at the North Colonnade.

The team qualified for the Games by coming fifth in the European Champi-



Claire Harvey

onships. While gold will be a huge ask, Claire's got her sights on a podium finish and the hope of motivating others who have suffered similar injuries.

"So many people acquire disability," said Claire. "I didn't really know anyone who was disabled so I had no-one to look to."

"If people can realise I'm not spectacularly talented and can see me

at the Paralympics and be encouraged by it that would be great.

"Also if it encourages people to talk about disability more then that's a fantastic thing. I have learnt so much about myself from this and I wouldn't change a thing."

DARTS

A chance to see Barney away from TV spotlight

Rob.Virtue
@wharf.co.uk

FIVE-TIME world champion Raymond van Barneveld heads into the inaugural Charlton Masters in form as he prepares to do battle with three other stars of world darts at The Valley next week.

Barney goes into the exclusive non-televised professional event next Thursday full of confidence, after winning the European Darts Open in Dusseldorf last weekend.

World number three James Wade, Premier League finalist Simon Whitlock and former World Champion Mark Webster will be out to prevent the Dutchman from taking glory, as the quartet compete on stage for the final time before heading to Blackpool for the televised World Matchplay finals.

Van Barneveld, who beat Wade en route to victory in Germany, said: "I was pleased to win the last tournament. I had some tough matches, especially against James."

"Hopefully this is the sign of a new me. I never gave in and it took me to victory. I'm looking forward to taking that form into what should be a great night in Charlton."

The evening provides an opportunity for fans to see four of the world's best players lock horns away from the TV cameras, while four local qualifiers get their chance to topple the pros.

And there should be some spectacular skills on show. James Wade is the second most successful player in the history of the PDC, Simon Whitlock is the best darts player to come out of Australia and "Spider" Mark Webster is the best player Wales.

■ Silver tickets are just £20 (£8 saving) if you quote CAFC 180 when booking via 08450 180 180.

WIN a six-month gym membership

TO MARK the start of the Standard Chartered Great City Race today (Thursday), the event's official gym partner, Nuffield Health and Fitness, is offering readers of *The Wharf* the chance to win a six-month membership.

Today, 6,800 runners representing over 350 companies from across the Square Mile will take part in the race supporting blindness charity Seeing Is



Believing. In celebration of their efforts Nuffield Health is offering one reader a prize, worth more than £500, giving access to all of its

51 clubs around the UK including the brand's flagship branch in the City.

For your chance to win just answer this simple question: Who is the official beneficiary of this year's race?

To enter go to wharf.co.uk and click the competitions link; you will need this code TW020. Go to cityrace.co.uk for more information about the race.